

Westover Swimming Pool

Children's Swim Lessons and Classes

Students must be tested for their appropriate swim level prior to registering for a swim class, unless they have successfully completed a swim lesson course at this facility since April 2012. Registration and testing for swim classes will begin at the pool office starting Monday September 17 for City Residents and Tuesday September 18 for Non-Residents. Registration will continue until 7:00pm the day before the first day of the class or until the class is filled, whichever occurs first. If the student cannot attend one of these testing dates, please call during normal operating hours to have your child tested. Upon successfully completing a swim test, you may sign up your child for the appropriate swim class. Feel free to call us with any questions at (540) 434-0571.

Preschool lessons are taught to children ages 4-5. All children 6 years or older will be placed in Levels 1-4.

Fees

Preschool: City Res \$20/ Non Res \$24

Levels 1-5: City Res \$25/ Non Res \$30

GUPPIES – PRESCHOOL

The goal of Guppies is to teach fun in the water. Children take part in guided practice sessions to learn water skills including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

311100-A1 *Sat* *Oct 6 - Dec 15 9:00 - 9:30am*

311100-B1 Sat Oct 6 - Dec 15 9:30 - 10:00am

GOLDFISH — LEVEL 1

The goals of Goldfish are to help students feel comfortable in the water, to enjoy the water safely, and to begin introducing basic aquatic skills. Guppies will work to master the following skills, floating, walking in chest deep water, and swimming on front.

311101-A1 *Mon/Wed* *Oct 8-Nov 7* *4:00 - 4:50pm*

311101-B2 Sat Oct 6 - Dec 15 10:00 - 10:50am

TIGERFISH — LEVEL 2

The goals of Tigerfish are to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards.

311102-A1 *Mon/Wed* *Oct 8 - Nov 7* *5:00 - 5:50pm*

311102-B2 *Sat* *Oct 6 - Dec 15 10:00 - 10:50am*

DOLPHIN —LEVEL 3

The goals of Dolphins is to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, to continue to increase the student's swimming endurance, and to begin learning to dive safely.

311103-A1 *Tues/Thu* *Oct 9 - Nov 8* *4:00 - 4:50pm*

311103-B2 *Sat* *Oct 6 - Dec 15 11:00 - 11:50am*

SWORDFISH — LEVEL 4 (Stroke Improvement)

The goals of Swordfish are to develop strong confidence in the strokes learned thus far, including: Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly stroke, learn to dive, and improve upon other aquatic skills.

311104-A1 *Tues/Thu* *Oct 9 - Nov 8* *5:00 - 5:50pm*

311104-B1 Sat Oct 6 - Dec 15 11:00 - 11:50am

AQUA ZUMBA® FITNESS CLASS

Instructor: Morina Lamb, Licensed Aqua Zumba Instructor

Take the Zumba party to the pool. Aqua Zumba combines the Zumba formula and traditional aqua fitness to create a one-of-a-kind class. Features a water-based work out of cardio conditioning, body toning and FUN. *Ages 15+*

331108-A1 *Wed* *Sep 26 - Oct 31 6:00 - 6:50pm*

LIFEGUARDING CLASS

Become a Red Cross certified Lifeguard. This class includes certification in pool lifeguarding, CPR/AED and First Aid. Mandatory pretest on first day of course to include 300 yards of swimming followed by 10 pound dive brick retrieval.

City Res \$120/ Non-Res \$144

331156-A1	<i>Ages 15+</i>	<i>Westover Pool</i>
<i>Fri</i>	<i>Nov 9 & 16</i>	<i>6:00 - 9:00pm</i>
<i>Sat</i>	<i>Nov 10 & 17</i>	<i>12:00 - 8:00pm</i>
<i>Sun</i>	<i>Nov 11 & 18</i>	<i>8:00 - 1:00pm</i>